

Balanced plans can offset treats

Jim Killackey • Published: October 23, 2005 •

The American Diabetes Association is advising patients that if they develop a well balanced meal plan and monitor blood sugar closely, there is no reason certain foods must be forbidden.

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"Children with diabetes are often isolated from a lot of Halloween events because of the fear and temptation of sweets. Parents can help in making these events fun by adding fruits to the selection, candies with non-nutritive sweeteners, or discussing with their physician ways to integrate a minimal amount of sweets into their child's diabetic meal plan and insulin injection schedule, said Mark Maxey of the American Diabetes Association Western Oklahoma chapter.

Children on intensified insulin regimens can make adjustments in rapid- or short acting insulin to cover sugar and carbohydrate content of their meals and possibly snacks to supplement their meals, Maxey said.

For more on diabetes, call 840-3881 or (800) 342-2383.

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